

CLAIMS

1. A method for regulating carbohydrate and fat metabolism in an individual which method comprises replacing at least 5% of the individual's daily carbohydrate intake with resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.
2. A method according to claim 1 wherein at least 60% of the individual's fat intake is as unsaturated fat.
3. A method for enhancing fat metabolism in an individual which method comprises replacing at least 5% of the individual's daily carbohydrate intake with resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.
4. A method according to claim 2 wherein the enhancement of fat metabolism includes a reduction in fat accumulation and/or an increase in fat oxidation.
5. A method for reducing plasma leptin concentrations and increasing satiety in an individual, which method comprises replacing at least 5% of the individual's daily carbohydrate intake with resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.
6. A method of treating an individual suffering from obesity, which method comprises replacing at least 5% of the individual's daily carbohydrate intake with resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.
7. A method of lowering the incidence of obesity in an individual, which method comprises replacing at least 5% of the individual's daily carbohydrate

intake with resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.

8. A method of lowering the incidence of non-insulin dependent diabetes mellitus in an individual, which method comprises replacing at least 5% of the individual's daily carbohydrate intake with resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.
9. A method of reducing the post-prandial plasma glucose and/or insulin levels in an individual following food consumption by the individual which method comprises replacing at least 5% of the individual's daily carbohydrate intake with resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.
10. A method of controlling an individual's body mass which method comprises replacing at least 5% of the individual's daily carbohydrate intake with resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.
11. A method of preparing a foodstuff for use in a method according to any one of claims 1 to 10 which method comprises substituting constituents with a low resistant starch content with constituents with a high resistant starch content and substituting some or all of the saturated fats with unsaturated fats.
12. A method according to claim 11 wherein at least 5% of the carbohydrate content is replaced with resistant starch content and at least 10% of the saturated fat content is replaced with unsaturated fat.
13. A composition comprising at least 2g of resistant starch and at least 2.g of unsaturated fat wherein the resistant starch is present in a proportion of at least 5% by weight of the total starch content.

21. A composition according to any one of claims 13 to 20 in the form of a low calorie diet having an energy content of from 800 to 1200 kcal per day.

22. A composition according to any one of claims 13 to 20 in the form of a diet having an energy content of more than 1200 kcal per day.

23. A composition according to any one of claims 13 to 20 in the form of a diet having an energy content of more than 2000 kcal per day.

24. A composition according to any one of claims 13 to 23 in the form of a powdery mixture, said powdery mixture being soluble, suspendable, dispersible or emulsifiable in a water-containing liquid.

25. A composition according to any one of claims 13 to 23 in the form of granules.

26. A method for regulating carbohydrate and fat metabolism in an individual which method comprises administering to the individual a composition according to any one of claims 13 to 25.

27. A method of enhancing fat utilisation in an individual, which method comprises administering to the individual a composition according to any one of claims 13 to 25.

28. A method for reducing plasma leptin concentrations and increasing satiety in an individual, which method comprises administering to the individual a composition according to any one of claims 13 to 25.

29. A method of treating an individual suffering from obesity, which method comprises administering to the individual a composition according to any one of claims 13 to 25.

30. A method of lowering the risk of obesity in an individual, which method comprises administering to the individual a composition according to any one of claims 13 to 25.

5 31. A method of lowering the risk of non-insulin dependent diabetes mellitus in an individual, which method comprises administering to the individual a composition according to any one of claims 13 to 25.

10 32. A method of reducing the post-prandial plasma glucose and/or insulin levels in an individual following food consumption by the individual which method comprises administering to the individual a composition according to any one of claims 13 to 25.

15 33. A method of of controlling an individual's body mass which method comprises administering to the individual a composition according to any one of claims 13 to 25.

20 34. A composition according to any one of claims 13 to 25 for use in a method according to any one of claim 26 to 33.

35. Use of a composition according to any one of claims 13 to 25 in the manufacture of a medicament for use in a method according to any one of claim 26 to 33.

25 36. A foodstuff comprising a composition according to any one of claims 13 to 22.

30 37. A prepackaged meal comprising at least one meal component which comprises a composition according to any one of claims 13 to 25.

38. A method for producing a composition according to any one of claims 13 to 25 which method comprises replacing (i) some or all of the carbohydrate content of the composition with resistant starch and (ii) some or all of the saturated fat content of the composition with unsaturated fat.